

1



Contract Core Muscles:  
 1) "elevator up" or (Kegels),  
 2) pull belly button to spine ,  
 3) squeeze dinosaur egg between knees without cracking,  
 4) Curtains: wrap contraction through lower back & around hips  
 increase strength up from 1 to 10 & back down to 1  
 3 reps 2X per day

5



**ELASTIC BAND - CHOP**  
 In the kneeling position with the UP KNEE closest to the elastic band anchor, pull the band downwards and towards the opposite side.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

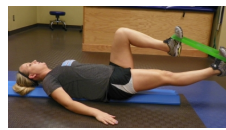
2



**ELASTIC BAND BRIDGE**  
 While lying on your back, hold an elastic band down around your waist as shown. Then tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

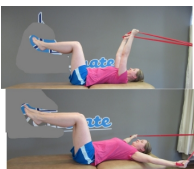
6



**Running Man**  
 Keeping your back flat on support surface, knees up up at 90/90 and push 1 leg out at a time.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

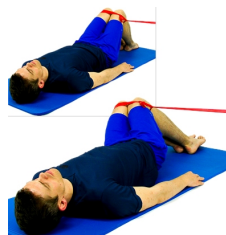
3



**Table Top Chops**  
 Start in table top position, pull straight down to your side bring your arms out like your making a snow angel, maintaining tight abdominals.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

7



**ELASTIC BAND SUPINE LOWER TRUNK ROTATION**  
 roll your lower body to the side with slow controlled movements.  
 Your trunk should rotate and your pelvis should lift off the floor while performing.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

4



**Bicycle Crunch**  
 Twist bands around feet. Hold handles in hands. Bring legs up/off floor, kick (straighten one leg out at a time)

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

8



**Cobra**  
 Push self up with elbows under shoulder, keep palms flat. Keep shoulders back (squeeze). 3 deep breaths.

Repeat 3 Times  
 Hold 15 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day